

# Stokewood Class Timetable

Monday 3 September - Friday 21 December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin</b> 7.15-8.00am Leanne (SS)	<b>CORE</b> 6.30-7.00am Gym Team (G)	<b>Body Balance</b> 7.00-7.45am Naomi BI (S)	<b>BodyPump</b> 7.00-7.45am Naomi BI (S)	<b>CORE</b> 6.30-7.00am Gym Team (G)	<b>Spin</b> 8.00-8.45am Michelle (SS)	<b>Scaravelli Inspired Yoga</b> 8.00-8.55am Amba (S)
<b>Spin</b> 9.30-10.15am Leanne (SS)	<b>BodyPump</b> 7.00-7.45am Leanne (S)	<b>Spin</b> 7.15-8.00am Michelle (SS)	<b>Hatha Yoga</b> 8.15-9.15am Amba (S)	<b>Pilates</b> 7.15-8.10am Michelle (S)	<b>Swim Fit</b> 8.00-8.55am Jeanette (P)	<b>Metafit</b> 9.00-9.30am Ahmed (S)
<b>BodyPump</b> 9.30-10.25am Candi (S)	<b>Spin</b> 7.15-8.00am Michelle (SS)	<b>Spin</b> 9.30-10.15am Charlie (SS)	<b>Spin</b> 9.30-10.15am Naomi Be (SS)	<b>Kettlebell Blast</b> 9.25-9.55am Cat (S)	<b>Hatha Yoga</b> 9.00-9.55am Pippa (S)	<b>Spin</b> 9.25-9.55am Naomi BI/Leanne (SS)
<b>Aqua</b> 10.15-11.00am Clive (P)	<b>Spin</b> 9.30-10.15am Lucy (SS)	<b>BodyCombat</b> 9.30-10.25am Chris J (S)	<b>Body Conditioning</b> 9.30-10.25am Lucy (S)	<b>Spin</b> 9.30-10.00am Charlie (SS)	<b>Spin</b> 9.30-10.15am TBC (SS)	<b>Core Conditioning</b> 9.30-10.00am Ahmed (S)
<b>POWER</b> 10.20-10.50am Gym Team (G)	<b>Total Body</b> 9.30-10.25am Mandy (S)	<b>Aqua Zumba</b> 10.05-11.00am Cat (P)	<b>Iyengar Yoga</b> 10.45-11.40am Star (S)	<b>Zumba</b> 10.00-10.55am Cat (S)	<b>Circuits</b> 10.00-10.55am Michelle/Ahmed (S)	<b>Spin</b> 10.00-10.45am Hayward (SS)
<b>Body Balance</b> 10.30-11.25am Naomi BI (S)	<b>Deep Water Aqua</b> 10.00-10.55am Clive (P)	<b>POWER</b> 10.20-10.50am Gym Team (G)	<b>Spin</b> 5.30-6.00pm Michelle (SS)	<b>Spin</b> 10.05-10.35am Charlie (SS)	<b>Legs, Bums &amp; Tums</b> 11.00-11.55am Jason (S)	<b>BodyPump</b> 10.05-11.00am Naomi BI/Leanne (S)
<b>BodyPump</b> 5.30-6.25pm Chris J (S)	<b>Spin</b> 10.20-10.50am Lucy (SS)	<b>Hatha Yoga</b> 10.30-11.25am Pippa (S)	<b>Metafit</b> 5.30-6.00pm Claire V (S)	<b>Spin</b> 10.40-11.10am Charlie (SS)	<b>BodyPump</b> 4.30-5.25pm Kerry C/Leanne (S)	<b>Zumba</b> 11.05-12.00pm Sarah Y (S)
<b>Spin</b> 5.40-6.25pm Jo B (SS)	<b>Pilates</b> 10.30-11.25am Mandy (S)	<b>20/20/20</b> 5.30-6.25pm Alison (S)	<b>Spin</b> 6.05-6.50pm Michelle (SS)	<b>Deep Water Aqua</b> 11.00-11.55am Cat (P)	<b>Body Balance</b> 5.30-6.25pm Natalie (S)	<b>BodyPump</b> 4.45-5.40pm Louise (S)
<b>Spin</b> 6.30-7.15pm Chris J (SS)	<b>Aqua</b> 11.00-11.55am Clive (P)	<b>Spin</b> 5.30-6.15pm Leanne (SS)	<b>Pilates</b> 6.05-7.00pm Claire V (S)	<b>Hatha Yoga</b> 11.05-12.00pm Pippa (S)		<b>Spin</b> 6.00-6.45pm Louise (SS)
<b>Total Body</b> 6.30-7.25pm Jo B (S)	<b>Zen Yoga</b> 11.30-12.25pm Maxine (S)	<b>Spin</b> 6.30-7.15pm Elliot (SS)	<b>Spin</b> 6.55-7.40pm Luke (SS)	<b>Kettlebell Blast</b> 5.25-5.55pm Graeme (S)		<b>Hatha Yoga</b> 7.00-7.55pm Nicola (S)
<b>Pilates</b> 7.30-8.25pm Chris J (S)	<b>Spin</b> 5.25-5.55pm Jo B (SS)	<b>BodyPump</b> 6.30-7.25pm Kerry (S)	<b>Kettlebell &amp; Abs</b> 7.05-8.00pm Ahmed (S)	<b>Spin</b> 5.30-6.15pm Naomi Be (SS)		
<b>Hatha Yoga</b> 8.30-9.25pm Alice (S)	<b>Athletic Conditioning</b> 5.25-6.05pm Sue (S)	<b>Spin</b> 7.20-8.05pm Elliot (SS)	<b>Metafit &amp; Core</b> 8.05-9.00pm Ahmed (S)	<b>Circuits</b> 6.00-6.55pm Graeme (S)		
	<b>Legs, Bums &amp; Tums</b> 6.10-7.05pm Jo B (S)	<b>BodyCombat</b> 7.30-8.25pm Kerry (S)		<b>Hatha Yoga</b> 7.15-8.10pm Joy (S)		
	<b>Spin</b> 6.15-7.00pm Sara (SS)	<b>Hatha Yoga</b> 8.30-9.25pm Pippa (S)				
	<b>Spin</b> 7.05-7.50pm Elliot (SS)					
	<b>Clubbercise</b> 7.10-8.05pm Jo B (S)					
	<b>Core Conditioning</b> 8.00-8.30pm Elliot (G)					
	<b>Circuits</b> 8.10-9.05pm Graeme (S)					

Class types

Calorie Burning

Muscle Toning & Endurance

All Over Body Workout

Re-Energise & Relax

Specialist

Water Workout

Introductory Low Impact

Primal - Power - Play - Pulse